



# Base Bulletin

Vandenberg AFB, CA 93437-0759



24 November 2004

No. 47

The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to [publishing.vafb@vandenberg.af.mil](mailto:publishing.vafb@vandenberg.af.mil) or to Vandenberg Publishing on the Global e-mail or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

## SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

## SECTION II — OFFICIAL

### 1. Team Vandenberg:

**a. Team Vandenberg Thanksgiving Meal:** The Installation Commander has determined that it is in the best interest of the Air Force to open the Thanksgiving Meal to all family members of personnel (officers, enlisted and retirees) with a valid identification card. This will allow our younger Airmen to bring in family members such as parents and siblings that may be visiting over the Thanksgiving Holiday. By granting these benefits to the extended Air Force community we will project a positive image to the families of our Airmen showing our investment toward future recruiting goals (Ref: AFI34-239, **Food Service Management Program**, Attachment 13, page 51). On Thanksgiving Day, Thursday, 25 Nov 04, the Breakers Dining Facility will be open for breakfast from 0600—0900. The Thanksgiving Meal, will be available from 1100—1700, with Team Vandenberg Commanders, Chiefs and First Sergeants serving from 1100—1400. The midnight meal will be served at the regular time: 2300—0100. For more details call SSgt Bethany Lopez at 6-5496. (30SVS/SVMX)

**b. Holiday Travel:** According to an article by CNN, this year's Thanksgiving holiday will see more travelers on the road than predicted/registered for the last five years. Should you be one of these travelers, practice the following precautions to get you safely to and from your destination: 1) Make sure your vehicle is in top condition for the trip; 2) Bring an emergency car kit along with you; tell someone what your plans are--route, destination, time of departure, time of arrival; 3) Check the Weather Channel for conditions along the route you'll be taking; 4) Bring some cash with you, plus your ATM and credit card (in case you run into trouble). Contact is MSgt George, 5-2607. (30SW/SEGB)

**c. Team Vandenberg Holiday Billboard Contest:** Announcing the 6th Annual Team Vandenberg Holiday Billboard Contest. Let's show our Holiday and Team Vandenberg spirit by participating in this worthwhile event. Decorate a 4'x4' palette (plywood) with your organization's name, in a festive spirit with a Traditional Holiday theme. Use garlands, tinsel, color, snow sprays, cloth or 3D objects. Decorative materials are to be provided by the participants. Entry fee will be \$50. Your 4'x4' palette is ready for pickup at Bldg 10728 located at 1221 California Blvd. This is open to all base organizations including contractors. Organizations may have multiple entries. Prizes: First place receives a check for \$150 and traditional trophy, second, \$100, and third place \$50. Your billboards must be turned in by COB on 1 Dec 04. For details contact MSgt Adrian de Silva at 6-3122. (30LRS/LGRVO)

**d. Team Vandenberg Holiday Party:** Come "**Celebrate the Season**" on Friday, 3 Dec 04. Team Vandenberg's Holiday Party will be located in the Pacific Coast Club Ballroom. Social hour begins at 1730 and dinner will be served at 1830. Meal choices include London broil, Chicken or Vegetarian. The Cabrillo High School Choir will provide holiday entertainment and dinner will be followed with music and dancing. There will be door prizes and a holiday scavenger hunt. A cash bar will also be available. Tickets are available through First Sergeants and unit representatives. Ticket prices are E1-E4 and GS1-4: \$8.00

**TEAM VANDENBERG**

single/\$14.00 per couple, E5-E6, O1-O2 and GS5-7: \$12.00 single/\$22.00 per couple, E7, O3, GS8 and up: \$20.00 single/\$38.00 per couple. Come on out and enjoy the fun! For more information contact Lt Barnhill at 6-2551 or by e-mail [Melvin.Barnhill@vandenberg.af.mil](mailto:Melvin.Barnhill@vandenberg.af.mil). (30WS/DOR)

**e. Job Announcement:** Family Support Center Superintendent with rank requirement of MSgt—CMSgt possessing excellent administrative and computer skills required for one-deep SDI 8C000 position in Family Support Center (FSC). Must have extensive budget management expertise, background in human relations, and the ability to communicate with peers and senior leadership. All applicants must submit copies of their last three EPRs, a chronological resume (ref: Tongue and Quill, AFH 33-337, 1 Aug 04), and a letter of recommendation from their Squadron Commander NLT 6 Dec 04 to 30MSS/DPF. AFI 36-3009, **Family Support Center Program**, Attachment 3, provides criteria for Deputy Director selection. Please direct all questions to Ms. Sally Galligan, FSC Flight Chief at 6-0039. (30MSS/DPF)

**f. 2004 Holiday Parade And Tree Lighting Ceremony:** On 7 Dec 04 the parade will begin at 1700 and will go through Main Base and East Housing. The tree lighting ceremony will begin at 1830 in front of Bldg 11777. Santa Claus will be there to greet the kids following the ceremony. All are invited! If you would like to enter a float in the parade, please e-mail 2d Lt Candida Rodriguez: [candida.rodriguez@vandenberg.af.mil](mailto:candida.rodriguez@vandenberg.af.mil). (381TRSS/CSS, 6/1043)

**g. Office Closure:** The 30th Space Wing Legal office will be closed for mandatory training, 7-8 Dec 04. Personnel needing emergency assistance can contact the on-call JAG at 588-2822. (30SW/JA, 5-6207)

**h. Unit Security Manager Meeting:** The Annual Unit Security Manager/Facility Security Officer Meeting will be held at the Pacific Coast Club on 8 Dec 04 at 1030. This is a mandatory meeting; the primary or alternate security manager/FSO must attend. If unable to attend, a designated person must represent the organization. Please direct any questions to SSgt Scott Wagner, Base Information Security at 6-4354. (30SFS/SFAI).

**i. Retirement Ceremony:** Lt Colonel Douglas E. James, Deputy Commander, 30th Mission Support Group cordially invites you to attend a retirement ceremony honoring Mr. Kal Huler, Mr. Gary Sweet and Ms. Joyce Culliver, all of the 30th Contracting Squadron, on Thursday, 9 Dec 04, at 1100, Pacific Coast Club, Ballroom No. 3. Heavy hors d'oeuvres will be served. Cost is \$6.00. Please RSVP by 30 Nov 04 to Teresa McGary at 6-6634 or Ellie Anderson at 6-4692. Military attire: Duty uniform. Civilians: Civilian attire. (30CONS/LGCZH)

**j. AETC Special Duty Assignment Briefing:** The AETC Special Duty Assignment Team will visit Vandenberg AFB on Thursday, 9 Dec 04. The team will give a briefing on Military Training Instructor (MTI) duty, Recruiter duty, and other AETC special duties from 0830—1030 in the 381st Training Group Auditorium, Bldg 8290. SrA with at least 36 months Time In Service (TIS) through MSgts with less than 17 years Total Active Federal Military Service (TAFMS) are eligible to apply. If you are interested in learning more about the challenges and rewards of Recruiter, MTI, and other AETC special duty opportunities make it a point to attend. Applications will be accepted on the spot. To obtain a copy of the AETC Special Duty Application contact SMSgt Brian Robertson, Team Vandenberg Career Assistance Advisor, at 6-9815 or stop by Bldg 10364 (behind the Bowling Alley). (30SW/CAA)

**k. Unit Security Manager Formal Training:** The 30SFS Information Security staff will conduct a "Security Managers Formal Training Course" on 15-16 Dec 04 at the Airman Leadership School. All units are required to have their respective security managers formally trained within 90 days of appointment. Class hours will be 0800—1600 on both days. Contact your Unit Security Manager or SSgt Scott Wagner, Base Information Security at 6-4354 to enroll. (30SFS/SFAI).

**l. Annual Classified Clean Out Day:** Vandenberg's Annual Classified Information "Clean-Out" Day is scheduled for 17 Dec 04. This DoD requirement is designed to reduce classified information to only that which is necessary for mission accomplishment. The Base Central Destruction Facility (CDF) will be available for use between the hours of 0800—1600. Please direct any questions to your Unit Security Manager or SSgt Scott Wagner, Base Information Security at 6-4354. (30SFS/SFAI).

**m. 2005 Internal ECAMP Audit:** The Environmental Compliance Assessment and Management Program (ECAMP) audit will be conducted 24-28 January 05. This audit will cover the environmental protocols as found in AFI 32-7045. ECAMP team members will be visiting wing, tenant, and contractor organizations during the audit. The Team Guides will be posted on the 30CES/CEV web page [https://intranet.vandenberg.af.mil/30\\_MSG/30-ces/Environmental/index.html](https://intranet.vandenberg.af.mil/30_MSG/30-ces/Environmental/index.html). Please contact John Woods at 5-0633 for additional information. (30CES/CEVV)

**n. Volunteers Needed:** Volunteers are needed for the upcoming Volunteer Income Tax Assistance (VITA) program on Vandenberg AFB. No prior experience is required. As members of the VITA Team, volunteers are trained in the computerized preparation and electronic filing of income tax returns. Once trained, they are then called upon to provide income tax assistance to the Vandenberg Air Force base military community

during the tax season. Military retired and civilians are encouraged to volunteer their free time to work. Training, starting in January, is provided for preparation of Federal and California returns. If you are interested in helping your active duty and retired military community, please call 6-3650. (30SW/JA)

**o. Military Equal Opportunity (MEO):** The Equal Opportunity and Treatment (EOT) program seeks to eliminate unlawful discrimination against military personnel based on race, color, religion, sex, or national origin. Unlawful discrimination and sexual harassment are contrary to good order and discipline and counterproductive to combat readiness and mission accomplishment. Unlawful discrimination against Air Force personnel or their family members on or off base will not be tolerated. For more detailed information contact the 30th Space Wing MEO office at 6-0370. (30SW/ME)

**p. Airmen Against Drunk Driving (AADD):** Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

## **2. 30th Space Communications Squadron: (30SCS)**

**a. New Supplement:** AFI33-322\_30SWSUP1, **Records Management Program** is available on the VEPDL and at E-Publishing. (30SCS/SCBP, 6-7894)

**b. Video Calls Offered:** Will you or a loved one be deployed, on a remote tour, or an extended TDY during this holiday season? The Video Teleconferencing Facility (VTF) and the Family Support Center (FSC) offer services to provide video communications. Active duty members and their families may be able to schedule a call between remote locations. Interested parties should contact the VTF, 5-0397 or the FSC, 6-0039 at the soonest opportunity to explore the possibility of a reservation. Home (almost) for the holidays! (30SCS/SCSVM)

**c. Deployed Member's Mailing:** The United States Postal Service is offering free packing materials to spouses and families of military members who are deployed overseas. To take advantage of this service call: 1-800-610-8734 (press 1 for English & then 3 for an operator). They will send you a free kit that includes 10 boxes, packing materials, priority mailing tape and mailing labels. These products are to only be used to mail care packages to service members. You must still pay normal postage. For more details contact Julio Newman, 6-6545. (30SCS/BITC)

**d. Base Records Management (RM) On Milnet:** The Base Records Management Office is proud to announce the launching of its Records Management web page on the Milnet. Now, all of Vandenberg's RMers and folks alike within the DoD can freely access the Vandenberg AFB Records Management Homepage for one stop shopping concerning most of their RM needs. Please take a few minutes to check it out: <https://milnet.vandenberg.af.mil/30sw/organizations/30og/30SCS/records-mgmt/index.htm>. (30SCS/SCBR, 6-4212)

**e. Base RM Mailbox:** Base RM now has an official mailbox for "ALL" RM correspondence. Effective immediately, ensure you send all RM communications to our mailbox on the Global e-mail: [Vandenberg.BaseRecordsMgmt@vandenberg.af.mil](mailto:Vandenberg.BaseRecordsMgmt@vandenberg.af.mil). (30SCS/SCBR, 6-4212)

## **3. Traffic Management Office (TMO): (30LRS)**

**a. Attention TMO Customers:** If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact MSgt Scott at 6-0904. (30LRS/LGRT)

**b. Separating, Retiring or PCSing? PLAN AHEAD!** Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

## **4. Military Personnel Flight: (30MSS/DPMP)**

**a. Military Personnel Flight (MPF) Customer Walk-in Hours:** The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900—1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719. (30MSS/DPM1)

**b. The MPF Weekly:** For the most current Military Personnel information, please check out *The MPF Weekly*. The 19 Nov 04 edition is now posted on the Vandenberg Intranet, link:



[https://intranet.vandenberg.af.mil/30\\_mss/30-mss/mpf/mpf\\_weekly/2004\\_archive/nov-04-19.doc](https://intranet.vandenberg.af.mil/30_mss/30-mss/mpf/mpf_weekly/2004_archive/nov-04-19.doc)  
(30MSS/DPM)

**5. Civilian Personnel Flight:** (30MSS/DPCE)

**a. Voluntary Leave Transfer Program:** Vandenberg AFB currently has four employees in need of donated leave. Loneta Kelly - 30MSS/DPCE, Bruce Dufresne - 2ROPS/DOUS, Christine Holly-Vickers - 30 SW/JA and Fidel G. Terrones - 30CES/CEOIE. We also have a list of over 55 other Air Force employees who are in need of your assistance. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form or access this form at: [http://www.opm.gov/FORMS/PDF\\_FILL/opm630A.pdf](http://www.opm.gov/FORMS/PDF_FILL/opm630A.pdf)

**b. Federal Employees Health Benefits (FEHB) and Flexible Spending Account (FSA) Open Season:** Open season for the FEHB and FSA has begun and runs through 13 Dec 04. Effective in 2005, in addition to the usual health benefits plans, there are 18 new deductible health plans that offer a health savings account or health reimbursement arrangement that are available to employees. To learn more about these plans, visit the OPM website at [www.opm.gov/hsa](http://www.opm.gov/hsa). Employees must make FEHB open season elections via either the BEST automated website or phone system. To use the BEST website, go to [http://www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm), click on Enter the AFPC Secure Website Login, and follow the directions given. To use the BEST phone system, dial 1-800-616-3775 and follow the instructions there. Employees can obtain additional information about and enroll in FSA at <http://www.fsafeds.com/>, or by calling toll-free 1-877-372-3337. Call 6-5847 for more details. (30MSS/DPC)

**6. 30th Medical Group:** (30MDG, 6-7440)

**a. Clinic Closure:** The Vandenberg Clinic will be closed 25 Nov 04 for Thanksgiving Day and 26 Nov 04 for Family Day. For urgent needs please call 606-CARE or 888-252-3299. Please plan ahead for appointments and pharmacy refills. For more details contact Capt Luisa Clemens at 6-7440. (30MDG/SGO)

**b. Glasses for the Deployed:** Reminder: If you are deploying in the next few months and wear glasses, please ensure that you have up to date glasses and gas mask inserts. If you need to order glasses/gas mask inserts, please stop by the 30MDG Optometry Clinic with your medical record, or call 6-0468 for an eye exam.

**7. 30th Security Forces Squadron:** (30SFS/SFOS, 5-0792)

**a. Firearms Registration:** IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

**b. Off Limits Area:** The 30th Security Forces Squadron Combat Arms Range Complex located off San Antonio Road West, is **off limits** to all unauthorized personnel. Danger signs are posted around the hazardous area of the range complex and entering into this area is not only illegal, but is also dangerous. For authorized entry, please, contact the Combat Arms Section at 5-5025. (30SFS/SFTC)

**8. 30th Civil Engineering Squadron:** (30CES)

**a. Attention All Facility Managers:** Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conf. Rm. (30CES/CEOFF, 6-0010)

**b. Recreational Vehicles, Boats and Trailers:** A recreational vehicle (RV) is defined as that which could reasonably be judged to be one or more of the following: boat, camper, cargo truck, motor home, or pickup camper if the camper or camper shell is wider or longer than the pickup bed or trailer. Store recreational vehicles and pickup trucks with campers not used as daily transportation in the RV storage area, located in the northeast corner of 13th Street and New Mexico Ave. The Outdoor Recreational Center controls the storage lot. Recreational vehicles may be parked in the housing area for a period not to exceed 72 hours for loading, unloading, or cleaning purposes. Contact Capt Jokinen, 6-3477. (30CES/CEH)

**9. Air Force Reserves:** (30MSS/ISR)

**Briefing:** The next Air Force Reserve briefing is 7 Dec 04, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

**OFFICIAL**

**FRANK GALLEGOS**  
Colonel, USAF  
Commander

**Karen L. Dean**  
Chief, Publishing Management

**SECTION III — UNOFFICIAL****General Information:**

**a. Base Theater Marquee:** The following movies will be shown at the Base Theater, Bldg 13750. Call 6-5565 for movie information or e-mail Vanessa Probert at [ProbertV@aafes.com](mailto:ProbertV@aafes.com). (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Friday	26 Nov 04	"Surviving Christmas"	PG-13	1830	1900
Saturday	27 Nov 04	"Shark Tale"	PG	1830	1900
Saturday	27 Nov 04	"Team America: World Police"	R	1330	1400
Sunday	28 Nov 04	No Showing			

**b. Breakers Dining Facility:** The Breakers Dining Facility resumed normal operating hours on Monday, 22 Nov 04. (30SVS/SVMF)

Weekdays	Time	Weekends	Time
Breakfast	0500—0800		
Lunch	1100—1300	Brunch	0600—1300
Dinner	1630—1900	Supper	1600—1800
Midnight	2300—0100	Midnight	2300—0100

**c. Furniture Sale:** We are conducting an ongoing Non-Appropriated Funds (NAF) furniture sale at Bldg 10250, NAF Resale Section, to include upholstered chairs, end tables, drapes and more at bargain prices. New items arriving weekly. Call 6-5908 if you have any questions. (Sheila Carroll, 30SVS/SVML, 6-9704)

**d. Big Brothers Big Sisters:** Big Brother Big Sisters matches kids with adult volunteers who share friendship, fun and a positive role model. Come learn how to become a Big Brother or Big Sister, broaden a child's horizon, and bring a little magic into both of your lives. Our New Volunteer Orientation and Training will be held on Wednesday, 1 Dec 04, from 1130—1300 at the Family Support Center office located at 723 Nebraska Ave, Bldg. 10525 Vandenberg AFB CA. Or, please call Charlie Guzman at 735-4376 ext. 26 to learn more about becoming a Big Brother or Big Sister. RSVP!

**e. Operation Kids' Christmas (OKC) Needs Escorts:** This is a call for all active duty personnel who are willing to take a few hours on a Saturday to make a world of difference for needy children. The children have been selected from nearby communities. Escorts will meet at the PCC at 0900, on Saturday, 4 Dec 04, and escort a small child during the event. The festivities will end at 1300. UOD will be service dress. Mass briefings will be held for all OKC volunteers on 1-2 Dec 04 at 1530, Bldg 8290 (381 Group Aud) to discuss volunteer duties. Please come to one of the two briefings. If interested in volunteering to be an escort, e-mail Capt Charles Lever at [charles.lever@vandenberg.af.mil](mailto:charles.lever@vandenberg.af.mil). (392 TRS/DOC)

**f. Jacques Thibaud String Trio:** The Lompoc Concert Association continues its 57th season on Saturday, 4 Dec 04 at 1930 at Trinity Church 500 E. North Avenue in Lompoc. The Jacques Thibaud String Trio, playing violin, viola, and cello, was founded at the Berlin School of Art in 1994. "This ensemble plays from memory, without a score or music stand in sight". Season subscriptions for the concert series and single tickets will be available at the door. Single tickets purchased at the door are \$15.00 for adults and \$7.00 for students. For more information, contact Subscription Chairman, Vivian Dew at 733-4006 or co-chairman Jean Jacoby at 736-8713. Santa Ynez Valley representative is Anabelle Dalberg at 688-4687.

**g. NAACP Scholarship Fundraiser:** On Friday, 10 Dec 04 the Santa Maria-Lompoc Chapter of the NAACP will sponsor a Fashion Show featuring the Hamilton Vogue Esquire Models of Chicago. It will be held at the

Rancho Santa Barbara Marriott Hotel, 555 McMurray Road in Buellton. Doors open at 1830. Donation is \$50 and includes dinner. For tickets and information call 1Lt Isaac Wright at 5-4910. (2SLS/MAFD)

**h. Attention Military Personnel Assigned to Vandenberg:** You can book 30 days ahead for the Thanksgiving and Christmas holidays and may confirm stays up to 10 days in VQ quarters for only \$28.50 per night, now until 5 Jan 05. This offer is for the friends and relatives of military personnel assigned to this base. **Going To A Holiday Party?** Spend the night at Lodging for only \$28.50 per night. You may book a VQ, 30 days in advance for your party night. To be eligible you must be active duty military/retired military or civilian (DOD) on active duty. Offers expire 5 Jan 05. Call Mike Green, 5-7831/6-1844, for 0-6/above, call 6-3711. (30SVS/SVML)

**Health And Wellness Center:** (30MDG/HAWC, 6-2221)

**a. Breastfeeding/Child Care and Prenatal/Postpartum Exercise Education:** The HAWC offers several in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up informative books.

**b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education:** Weekly classes, Thursdays 1300—1500, instructed by a Registered Dietitian and Diet Technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday, Cholesterol, and the 3rd Thursday is the High Blood Pressure Ed. The follow up classes are also on Thursdays from 1200—1300.

**Chapel:** (30SW/HC, 6-5773)

**a. Regular Worship Schedule:**

<b>Catholic Mass:</b>	Saturday	1700	Chapel 2	<b>Protestant Services:</b>			
Confessions	Saturday	1615—1645	Chapel 2	Praise & Worship	Sunday	0830	Chapel 2
Mass	Sunday	1000	Chapel 1	Gospel	Sunday	1130	Chapel 2
Daily Mass	Mon-Fri	1130	Chapel 2	Traditional	Sunday	1130	Chapel 1

**b. Thanksgiving Services: Catholic Thanksgiving Mass** on Thursday, 25 Nov 04 at 0900 in Chapel 1. For the **Thanksgiving Holiday** weekend, there will be one **Protestant Service** held on Sunday, 28 Nov 04 at 1130 at Chapel 1. As a reminder, for all holiday weekends, the Vandenberg Chapel will have one Protestant Service on Sunday at 1130 at Chapel 1. For details contact the Chapel at 6-5773.

**c. Vandenberg Jewish Community Classes:** The Vandenberg Jewish Community is offering the following classes: Children's Hebrew and Bar Mitzvah classes, adult Hebrew and religion classes. Classes are held every Tuesday night at 1800 at the Vandenberg Religious Education Center. Please call Randee Van Ness at 734-3311, for more information or to enroll.

**Global Hearts Group:** (30SVS/SVMX, 30MSS/DPF, 30SW/HC)

**a. Global Hearts Group:** The Global Hearts Group is collaboration between the Family Support Center, Chapel and Services Squadron. It is available to all active duty military families in which the member is deployed, deploying, on a remote, or on a 30+ day TDY. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

**b. Operation Sweet Dreams:** This is an ongoing service for our deployed/deploying members. Just contact the Family Support Center to get a picture of your family on a pillowcase. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

**c. Deployed Spouses Night:** Starting Thursday, 2 Dec 04, Deployed Spouses Night the will be back at Breakers Dining Facility every Thursday at 1800. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

**d. Lawn Care Service:** A volunteer is needed to be the POC for the Lawn Care Service that is provided for the families of Deployed Airmen. The POC would be in charge of designating new families to an established Team and setting up the schedules for the squadron volunteers. Please contact TSgt Sheila White at the Family Support Center, 6-0039, for more information. (30SVS/SVMX)

**Family Support Center:** (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit [www.php-ids.com](http://www.php-ids.com).

**a. Office Hours:** Family Support Center (FSC) customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training from 0730—0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

**b. BabyMeet:** If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

**c. Playtime For Tots:** They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and their children ages 2 to 5. For more information call Jill at 757-9044.

**d. Stress Management Class:** Beginning 29 Nov 04, it will run for 4 weeks, every Monday through 20 Dec 04 from 1400—1600 at the Health & Wellness Center (HAWC). You will learn that the events in life that trigger distress, many times, are caused by thinking styles, and what some tools are to help minimize negative stress. You will learn skills on dealing with conflict, relaxation techniques, and positive lifestyle choices. Visit [www.php-ids.com](http://www.php-ids.com) to register for this class or call the FSC at 6-0039.

**e. Heart Link:** Monday, 29 Nov 04, 1000—1200. Heart Link is offered monthly in conjunction with Newcomer's Orientation. Spouses can attend after the formal briefings that address the 30th Space Wing mission and base services. After the Community Fair, spouses break off to continue the Heart Link agenda. This is an ideal way for spouses new to the Air Force or just new to Vandenberg to learn about the Air Force way of life on the Central Coast of California. Register at [www.php-ids.com](http://www.php-ids.com) or call the FSC at 6-0039.

### 30th Services Squadron: (30SVS/SVK, 6-0276)

**Services Weekly Bulletin:** Please take a look at our newly formatted Services Weekly Bulletin that will be updated weekly and can be found on our own 30th Services Squadron web site at the following link: [www.30svs.com/NewFiles/documents/Bulletin\\_22Nov.pdf](http://www.30svs.com/NewFiles/documents/Bulletin_22Nov.pdf). While visiting our web site, check out the Special Occasion Items under Outdoor Rec, Equipment Rentals for your holiday party needs. (30SVS/SVK)

### Education Center: (30MSS/DPHE, 5-5904)

**Embry Riddle Aeronautical University (ERAU):** ERAU offers associate and bachelor degree programs in Professional Aeronautics (ASPA/BSPA) and Technical Mgmt (ASTM/BSTM). We offer three graduate programs: Master of Science in Mgmt (MSM), Master of Business Admin in Aviation (MBA/A) and Master of Aeronautical Science (MAS). The graduate classes are offered at our off base location at 3875F Constellation Road, Lompoc. For info regarding registration, admissions and our programs call the office at 734-4076 or 6-6557. Registration for resident classes is 14 Dec 04 until classes begin 10 Jan 05. Our application is available online at <https://app.applyyourself.com/?id=erau-ec> Stop by and see us in the Education Complex, 144 Wyoming Ave. Rm A-1. Office hours are Monday—Thursday, 0830—1730 and Friday, 0800—1200. Our e-mail is [Vandenberg.Center@erau.edu](mailto:Vandenberg.Center@erau.edu). (ERAU)

### Computer Training: (InDyne, 6-3771)

**a. Personal Computer Systems Training:** Sign up now for the new Windows XP and Outlook 2003 Overview courses. Workgroup Managers (WMs) have registration priority. To register, reply, or, e-mail [PC.Training@vandenberg.af.mil](mailto:PC.Training@vandenberg.af.mil). **Note:** Walk-ins are always welcomed.

**b. Computer Tip:** An easy way to select just the form or report control you need in **Access 2000:** When you're working in Design view, selecting the right control on a form or report can be tricky, especially if many controls are contained in a small area. Fortunately, there's an easy way to ensure that you select the right object. Simply choose the name of the control you need to work with from the Object dropdown list, which is located on the left side of the Formatting (Form/Report) toolbar.

**c. Available Classes:** Following are classes scheduled, which have open slots:

Class	Date(s)	Time	Bldg
Windows XP	29 Nov 04 & 1 Dec 04	1300—1600	Bldg 6510
LAN Access Training	Daily	1300—1600	Bldg 9360
Outlook 2003 Overview	Daily through 30 Nov 04	0800, 1000, 1230, 1430	Bldg 9360
LAN Access Training	2 Dec 04	0800—1100	Bldg 9360
Excel 2003	6—9 Nov 04	0800—1100	Bldg 9360
Word 2003	7—10 Nov 04	1300—1600	Bldg 9360

### Items For Sale:

**For Sale:** 2003 Jeep Wrangler Sahara Sport Utility, 2Dr, 6 Cyl. 4.0 Liter, 25K mi, Hard top , Rear seat , A/C, PS, Tilt Wheel, CC, CD. Retails over \$ 21,000, a major steal for only \$ 19,000. Call 922-5925/588-7867.

**For Sale:** 2003 Nissan 350Z, Touring Edition, pearl white. All options except Nav, 6-speed, 21K miles, excellent condition. \$28,000/obo. Call 737-1621.

**For Sale:** 2002 VW Jetta GLS 1.8t, 36,000 mi, Monsoon stereo CD and cassette player, sun/moon roof, VW 17" rims, new tires. Asking \$14,500. Please call Jason at 734-5582.

**For Sale:** 2002 Honda Civic EX 4cyl, only 29k miles, automatic transmission, CD player, moon roof, everything power, spoiler, blue in color. Retail is over \$15K. A major steal for only \$8,500. Call 734-2299.

**For Sale:** 2000 Honda Odyssey, 62K miles, blue, Power DR/DRL, PW, PS, \$15,000. Blue/gray high-back couch with recliners on both ends, \$80. Microwave, \$10. Call Tiffany White at 734-6807.

**For Sale:** 1998 Dodge 1500 quad cab 2wd, flame red Sport with all the options, Super Bee stripe and hood scoop, very nice truck. \$11,500. Call 588-9783.

**For Sale:** 1997 Ford Expedition XLT, 4x4, 64k miles! VG Condition, No 3rd row seats, New tires! Space #24 at Base Used Car Lot. PCS'ing -- Must sell! Asking \$11,750/obo. Call 588-7530.

**For Sale:** 2002 Honda CBR600 F4i, 9K mi, red/blk, Hotbodies LED undertail/flushmounts, Zero Gravity smoked windscreen, new Pilot tires. Asking \$5,500 with HJC helmet, Ness jacket and gloves. Call Doug at 588-6409.

**For Sale:** 1994 Honda Magna 750cc, less than 5,000 miles and runs great. Very clean bike with bug deflector and cover included. Asking \$3,500/obo. Call Jeff at 734-1700.

**For Sale:** 1992 Honda Shadow 1100cc, new voltage regulator, needs new back tire. Runs well. Asking \$1,800. Call Steve at 934-7882.

**For Sale:** 1991 Suzuki Katana 600 motorcycle. Red, new: tires, chain, mirrors, cables (choke, throttle, and clutch), and sprockets. Recently tuned up and cleaned carbs. \$1,500/obo. FMI call Ken at 734-6844.

**For Sale:** 2004 Mustang GT tires and rims, silver painted alloys, ZR rated, 17", brand new, asking price \$499. Call Chris at 736-7501 after 1530.

**For Sale:** 18' Boat 1972 Larson with trailer, needs motor, see at Base Used Car Lot, \$398. Call 734-2299.

**For Sale:** Pro 1 (1 7/8") dual exhaust, good condition, \$40; Hitachi 19" TV for \$10. Please call 588-4753 after 1700.

**For Sale:** Glider rocker w/foot stool, \$50/obo; Baby's Jumperoo by Fisher-Price, used once, \$40/obo; Aquarium Swing by Fisher-Price, \$60/obo. Please contact Daniel or Sabrina at 734-1766/530-863-0487.

**For Sale:** Kenmore Elite washer & dryer, king size, heavy duty, w/Quiet Pak II, Ultra Rinse, 3-speed motor w/6-speed combinations. Dryer has auto moisture sensing. \$300 each/\$550 both. Call Brian at 735-6779/478-2822.

**For Sale:** Couch, \$50/obo; computer desk, \$20/obo; end table, \$10/obo. Call 734-1133.

**For Sale:** Fenced dog corral, 6 sections, each is 6'x6'. Total dimensions are 6'x12'x6'. One piece is a door, \$100/obo. (2) twin beds with frames, \$20 each. Call 734-7078.

**For Sale:** Frigidaire refrigerator w/water & ice maker, large capacity, almond color, \$350. Whirlpool washer & gas dryer, large capacity, almond color, \$200 each/\$375 set. All in excellent condition. Call 736-3768.

**For Sale:** Corner computer desk w/lots of storage, \$60; like new washer & dryer, \$300 for both available on 04 Dec 04; treadmill, \$40; freezer, \$40. Please call Tiffany at 734-6807/588-1145.

**For Sale:** Elliptical Machine \$350. Digital controls, barely used. No room in new house. Call 574-0746.

**For Sale:** Shih-Tzu, male, 1-year-old, AKC with all papers & shots, white with a bit of brown around eyes, house trained & playful. We will sell only to a good home for \$600. Call 734-2299.

**For Free:** Free to good home, 5-month-old Black Lab mix, current on all shots, neutered and micro-chipped. Needs to be an only dog. Please contact SrA Ruiz at 735-7479 or 626-827-1983.

**Lost:** Vivitar Digital Camera. Lost at Air Show or on bus returning to Base Housing. \$25 reward, please call 734-2555.